Wilbun's
SUPERMARKET

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APPOMATTOX VIRGINIA

- THESE SPECIALS are GOOD APRIL 5-10, 1982.
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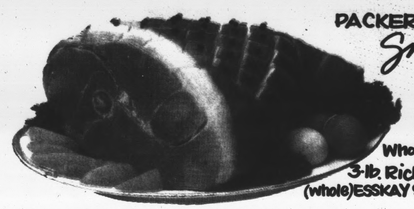
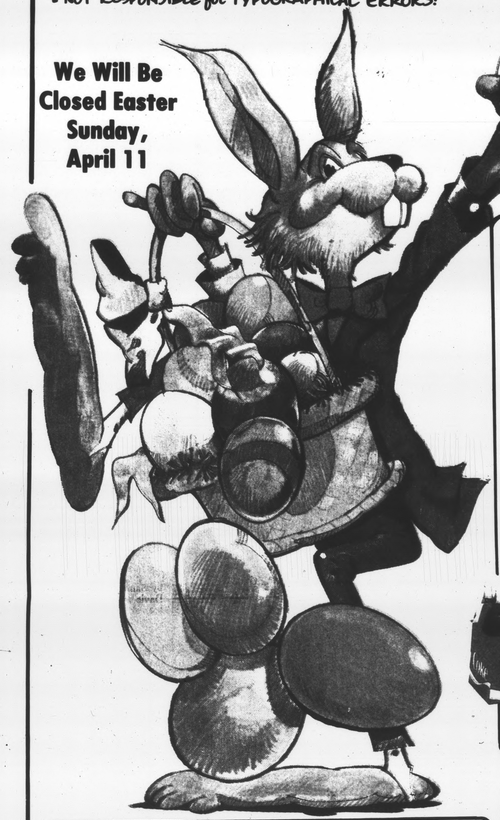


PACKER'S LABEL BRAND Smoked HAMS (WHOLE) 99¢ lb.

Whole COUNTRY HAMS... lb/$1.39
3-lb. Richfood CANNED HAMS. $5.99
(whole) ESSKAY Silver Label Smoked Hams. $1.19 lb

12-14 lb. AVG. GRADE "A" TURKEYS lb 59¢ | 12-14 lb. AVG. RICHFOOD Self Basting TURKEYS lb 69¢

We Will Be Closed Easter Sunday, April 11



"Pride-of-the-Farm" TURKEY BREAST $1.19 lb.
Fresh... BAKING HENS 59¢ lb.
USDA Full-Cut ROUND STEAKS $1.89 lb.
USDA Boneless RUMP or TIP ROAST $2.29 lb.
Market Style VA. SLICED BACON $1.19 lb.
VALLEYDALE TEEN FRANKS $1.29 lb.
3-LB.-3 THGS. 30STS Family Pack CHICKEN 69¢ lb.
WILBUN'S HAS Fresh HAMS & TURKEYS and Also Butterball Turkeys IN OUR MEAT DEPT.!!

Duncan Hines "Pudding Recipe" or "Deluxe II" CAKE MIXES All Flavors 79¢

RICHFOOD "Ready-To-Spread" all Flavors! FROSTING 6.5 oz. CANS 99¢

RICHFOOD Plain or Self-Rising FLOUR 5-lb. BAG 85¢
SAUER'S "REAL" Mayonnaise Jar 79¢
AUNT HANNAH'S Brown & Serve ROLLS 12's 2 for 89¢
DUFF'S HOT ROLL MIX 4.5 oz. Box 69¢
MAXWELL HOUSE Master Blend COFFEE 13 oz. BAG $1.99
Duncan Hines "Family" Brownie Mix 23 oz. PKG. $1.27

8-PACK 16-OZ. RET. BOTS. COKE $1.09 PLUS DEP.

DOLE Sliced/Crushed/Chunk NATURAL PINEAPPLE 20 oz. CAN 69¢
CARNATION (13-oz. CAN) Evaporated MILK 2 for 89¢
RICHFOOD (100-COUNT) TEA BAGS $1.59
BRUCES Cut YAMS 29 oz. CAN 89¢
(12-16-oz. CANS) GREEN GIANT CUT SLICED, KITCHEN SLICED GREEN BEANS Buy 4 $4.99 or WHOLE GOLDEN, Cream CORN, SWT. PEAS... ½ case 17-oz. CANS $5.99

US#1 All Purpose POTATOES 10-lb. BAG LIMIT 2 PLEASE! 99¢
Fresh CELERY STALK 39¢
1-lb. PKG. Carrots 3 for 99¢
SALAD SIZE TOMATOES lb. 39¢

US#1 Sweet POTATOES 3-lbs. 99¢
(3-lbs.) Red Delicious! APPLES 99¢
Fresh Yellow "CORN on the COB" 3 EARS 99¢
"LITTLE HUG" Assort. Flavors Fruit Drinks 3 for $1.00

WE HAVE EASTER LILLIES and Assort FLOWERS...
WE ALSO HAVE A WIDE SELECTION of EASTER CANDIES!

Sealtest (all Flavors!) ICE CREAM ½-gal. CONT. $1.69

PET RITZ (10-oz. PKG. of 2) PIE SHELLS 59¢
RICHFOOD (16-oz. CUP) Sour CREAM 99¢
KRAFT (8-oz.) Philadelphia Cream CHEESE 89¢
GREEN GIANT "NIBBLER" ½ EARS CORN on the COB 99¢
24-oz. Box RICHFOOD BROCCOLI $1.29
PET RITZ (8-oz.) Whipped TOPPING 59¢

BANQUET FRIED CHICKEN 2 Lb. Box $2.59

SHOPPERS CASH COUPON

A happier Easter WITH SHOPPERS CASH

Wilbun's SUPERMARKET

RICHFOOD GRD. 'A' Large EGGS 1-DOZ. 39¢
RICHFOOD FROSTING 13.15-OZ. Box 49¢
HI-DRI TOWELS LARGE ROLL 9¢
CORONET BATH TISSUE 4-ROLL PKG. 59¢
Pepperidge Farms (Asst.) STUFFING HERB or CORNBREAD 6 oz. Bag 29¢
DOMINO 1-lb. Box SUGARS BOX, LT. BROWN or PACK 19¢

WITH ONE FILLED SHOPPERS CASH CARD

Good News For Homemakers

10 good ways to save money

By Shirley W. Walton
Extension Agent
Ten Commandments for Food Shopping

There are at least ten good ways to save money on the family's food bill. Keep all ten of these ways in mind on your shopping trips and watch your savings mount up. They are:

1. Always use a shopping list. It cuts down on impulse buying. Stick to that shopping list and don't go SPECIAL crazy.
2. Shop alone. Other people on the shopping trip find many extra things to buy and add to your bill.
3. Eat first and shop later. Shopping with an active case of munchies can be harmful and expensive to your budget.
4. Have fun shopping. It has to be done so don't make a chore out of it. Make a social activity out of it.
5. Shop the specials. Special prices always save money if you need and can use the specials. When possible buy extra quantities of the special items that will be useful and you will save on your shopping bill later.
6. Learn to cook the less popular cuts of meat. Many less expensive cuts of meat make delicious, glamorous meals.
7. Figure the cost per serving. This is the best yardstick for the serious saver.
8. Match the grade with use. Sometimes the cheaper grade of canned goods, as well as the store brand, will be a good buy.
9. Compare different forms of the same food. Canned, frozen and dried versions of the same thing will vary in cost.
10. Keep available home freezing space in mind. When space is available, buy in quantity when the price is right. If the freezer is full, don't buy too much frozen food at one time.

I hope these ten ways to save money will help your family's food bill.

If you have a homemaking question or problem, you may call 352-8244 or you may write P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and help you.

Have a good week, homemakers!

RECIPE OF THE WEEK
Edna's Cheese Pudding

8 to 10 slices of bread, with crust removed and cubed
8 to 10 ounces grated sharp cheddar cheese
3 eggs
1 teaspoon salt
1 dash tobasco sauce
2 cups milk

Mix eggs, milk, tobasco sauce and salt. Place bread in a well oiled or buttered baking dish, alternating with layers of bread and grated cheese. Add liquid mixture over top of the bread and cheese mixture. Bake in a 275° oven for one hour.

This is a delicious, nutritious meat substitute.

Many thanks to Mrs. Edna Anderson for sharing this yummy cheese pudding recipe with us.

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MRS. PEGGY AGEE'S PRE-SCHOOL CLASS performed in a playlet entitles "The Old Woman Who Swallowed A Fly", for parents, APS students and visiting students from Pamplin Elementary School. Front row from left to right: Robert Stephens, the bird; Stephanie Davis, the cow; Danny Marcus, the cat; Cecilia Nash, the fly. Back row: Angela Moore, the horse; Christopher Taylor, the spider; and Joey Davis, the dog.

Raider Review

By JANE GUILL

Probably the most unrecognized, but most important group of people at Appomattox County High School, is the cafeteria staff. Just imagine a day without the cafeteria staff, lunch would be a catastrophe!

The cafeteria manager is Mrs. Marian Carter. Being in charge of the cafeteria, gives Mrs. Carter numbeous jobs. One job is to plan the daily menus according to government regulations and commodities.

According to Mrs. Car-

[Cont'd on page 4]

Terry announces crop-insurance report adjustments

Nelson Terry, Jr. District Director for the Federal Crop Insurance Corporation, announced that farmers in Appomattox County who have already reported their acreage of all-risk crop insured barley, oats and wheat for 1982 crop year can adjust that report if they participate in the ASCS acreage reduction program.

"Producers who have questions concerning that program should contact their ASCS office," continued Terry.

"Insured producers who choose to participate in the acreage reduction program through ASCS can reduce their crop insurance premium liability by reporting the acreage reduction to their all-risk crop insurance agent no later than April 16, 1982.

Producers who do not have their acreage reports revised will be obligated for the premium established by their original acreage report."

In addition, "all Risk Crop Insurance protection in Appomattox County has been expanded for 1982 by the addition of Grain Sorghum coverage," says Terry.

"Closing date for sales of Grain Sorghum insurance will be April 30," Terry added. Planted acres of all insured spring crops must be reported to agents by July 15, 1982, except Corn which is June 15, 1982. Accurate, timely reporting of planted acres will assure fast, reliable service throughout the season.

"For details of the new Grain Sorhum protection, producers should contact their local agents," Terry concluded.

Keep Up With Local Happenings
Read
The Times-Virginian

Tourist group to visit here

Forty-two members of the National Historical Society division of Historical Times Inc. will come from all parts of the U.S.A. to Washington, D.C. to take part in a special Civil War Eastern Battlefields program April 17-25th.

The Eastern Battlefields Tour was planned by Historical Times Travel, another division of Historical Times and will feature guest speaker Dr. Dan Jordan of the Virginia Commonwealth University and a special presentation by Samuel Moore as "Jeff Davis". Highlighting the travel program which encompasses Washington, D.C., Virginia and Pennsylvania will be visits to important battle sites, including: Manassas, Fredericksburg, Chancellorsville, Richmond National Battlefields Park, Petersburg, Appomattox, Harpers Ferry and Gettysburg.

The Eastern Battlefields Tour is only one feature of a unique travel program designed to make history come alive for the more than 200,000 members of the National Historical Society.

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MINTS TUMS 75 count bottle $1.29
ROLL-ON ANTI-PERSPIRANT TICKLE *Unscented *Herbal *Floral 2 oz. bottle $1.69
EXTRA STRENGTH CAPSULES TYLENOL 50's $2.99
TABLETS EXCEDRIN 60's $2.09
EXTRA-STRENGTH CAPSULES EXCEDRIN 60's $2.99
TABLETS GERITOL 14's $1.49
DENTURE ADHESIVE CREAM FIXODENT 1.5 oz. tube $1.39
ANTIBACTERIAL SOAP CLEARASIL 3.25 oz. pkg. 89¢
REGULAR OR VANISHING CREAM CLEARASIL .65 oz. tube $1.69
JERGENS ALOE & LANOLIN 8 oz. bottle $1.19

DISPOSABLE RAZORS Good News SAVE! 2 pkgs for 99¢
(MINT OR REGULAR) TOOTHPASTE CLOSE-UP SAVE 15¢ LABEL - 4.6 oz. tube $1.09
DEODORANT, POWDER OR ANTI-PERSPIRANT Right Guard 2.5 oz. & 3 oz. cans $1.39
LOTION Oil of Olay 4 oz. bottle $3.89
SHAMPOO OR CONDITIONER SILKIENCE REGULAR OR EXTRA BODY - 7 oz. bottle $1.59
HAIR SPRAY Miss Breck REGULAR, SUPER HOLD, SOFT HOLD, UNSC., UNSC. SUPER OR ULTIMATE 9 oz. can $1.49

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